



Catharsis: Collected Poems

Ms. A. E. LaGrand

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'Catharsis,' by definition, is the release of intense, repressed emotion. By writing these poems, LaGrand experiences her own catharsis and comes to terms with the many things life offers. The first full-length work of A.E. LaGrand, it encompasses her journey through love, heartbreak, loss, depression, and solace over the past year in poetic form.

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